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THE MAN BEHIND THE DREAM TEAM
CANUCKS GM ON MAKING IT {page 16}

IN DEMAND
MOVE OVER, KATE; TV NETWORKS SCOUTING SIS {page 11}

LONDON metro®
Monday, May 30, 2011
www.metronews.ca
News worth sharing.

Something to sweat about

Two months of cool weather to end with a heat wave this week, according to Environment Canada ◗ Exercising, drinking lots of fluids and, for women, keeping iron levels high are ways to keep energy levels up on hot days

KYLE REA
@METRONEWS.CA

When it's hazy, hot and humid outside, it's not uncommon to feel lazy, or even drained of energy.

But how do you perk up and boost your energy level?

While it may feel like the exact opposite thing you want to do, simply getting some exercise, even if it's in an air-conditioned spot, may be just what the doctor ordered.

That advice comes from Peter Lemon, director of the energy and nutrition research lab at Western. He studies the effects of exercise and nutrition and — by far — the biggest way to boost your energy, Lemon emphasized, is physical exercise.

"If you're physically active on a regular basis, everything that you do in your daily life becomes easier," he said. "If you're feeling tired and you get even a little bit of physical activity, for instance go out and walk around the block, you come back in and whatever you were doing seems easier. You feel energized from that."

"Exercise is almost a panacea for a lot of things. If the benefit of exercise could be put in a pill, we would make millions of dollars selling it."
PETER LEMON, DIRECTOR OF ENERGY AND NUTRITION RESEARCH LAB AT WESTERN

If the weather is very hot and humid, Lemon said people should still get exercise, but they should work out in the morning or evening when it's cooler, or they should exercise in an air-conditioned space.

Working out when it's hot and humid can be dangerous.

"It really decreases the body's ability to cool itself," Lemon said.

How do you motivate someone to get active when they feel tired?

Lemon said it's almost a guarantee they'll feel better after even a bit of exercise.

Bust a move

- 90 per cent of Canadians don't get enough exercise — approximately 30 minutes of aerobic activity each day.
- Fluid levels in the body need to remain high because they help the body regulate temperatures.

KYLE REA/METRO

▶ Matthew Trnka and Robbyn Rowswell of London stay cool with drinks and plenty of suntan lotion on a hot Sunday afternoon at Labatt Park, as the London Majors hosted the Burlington Twins. London won 12-4.

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We won.

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Police warn of cheque fraud

Heads up from the London police and Western campus police: There's a cheque scam going around.

A large number of counterfeit University of Western Ontario cheques have been disseminated and cashed in various parts of Canada by unsuspecting people who believe the cheques are legitimate.

The scammer gets names from public advertisements, sends a fraudulent cheque to the person and persuades them to cash the cheque and then return a portion of the amount to the original sender.

In the majority of cases, people receive the cheque as payment for Internet purchases.

METRO

Festival celebrates aboriginals

The cultures and contributions of Canada's aboriginal people will be celebrated this week during the Thames Valley District School Board's first Indigenous Arts Festival.

More than 500 students — both aboriginal and non-aboriginal — from elementary and secondary schools will be participating in different workshops and events from today to Saturday.

All student-focused events are open to parents and guardians and two festival events are open to the public.

For the full schedule of events and workshops, go to tvdsb.ca. METRO

KYLE REA/METRO

▶ Guitarist Clark Aubert, from left, drummer Jack Wobblers, singer Bert Unders and bassist Mike Kronberg of the band Open Door rock out at the London Music Club yesterday afternoon for Battle of the Bands. Open Door was one of 10 bands that hit the stage vying for a spot on stage for Canada Day celebrations here in London.

So you think you can play?

Winner assessed on stage presence, audience interaction, tone, and unique, interesting sound ◐ Sea and City to play Harris Park July 1

KYLE REA
@METRONEWS.CA

Yesterday, 10 bands hit the stage at the London Music Club to showcase their skills and earn a chance to perform during London Celebrates Canada Day in Harris Park on July 1.

Three judges watched each band perform and provided feedback and suggestions.

Organizer Jillian Kiser said it's tough choosing one band out of such a pool of talented musicians — paring down 10 bands from the 25 entries was even harder.

"This event is not just about Canada Day," she said. "I'm excited to hear all this music. I made this clear to all the bands that while you might not be right for Canada Day, we still want to hear you play because you're talented."

Hard rockers Open Door hoped to be that lucky group.

"That would just be amazing to be a part of. I'd drop everything for that and a chance to be in that," said guitarist Clark Aubert.

"When they said that there was an opportunity to play in front of 10,000, we jumped on it and we really pulled a lot of strings to be here today," added singer Bert Unders.

So what sets Open Door apart from the other entries?

"We work hard for it and we try to make that come through in our music and performing," said Aubert.

Qualifiers

Bands playing at Battle of the Bands: Open Door, Fault of Mine, the Wired, Crystal Kage, the Creekside Strays, Sea and City, Trickle Down Effect, U-turn, Entropy, Sixth Century

May the best band win

While there can be only one winner in the Battle of the Bands, the others are definitely not losers, organizer Jillian Kiser emphasized, and she wouldn't rule out a concert showcasing that talent — as long as sponsors come forward to help.

"After hearing the bands already, I'm thinking it's a shame to not give them more exposure," Kiser said.

Man mugged downtown

A downtown robbery and assault Saturday has police seeking two male suspects.

At approximately 3:28 a.m., police responded to a report of a robbery around Richmond and Kent Streets.

The lone victim was approached by some males. One of the suspects started a conversation with the victim, at which point the second suspect grabbed the victim's property.

One of the suspects then struck the victim in his face, knocking him to the ground.

Police are looking for two black males, both about six foot three. METRO

Assaulted

▶ The victim sustained minor injuries.

News in brief

Knife-point robbery probed

Police are investigating a knife-point robbery that occurred early Saturday morning around Elderberry Avenue and Berryhill Drive.

The victim was walking alone when he was approached by a man who pulled a knife and demanded money.

The suspect fled the area on foot; the victim was not injured. Police are looking for a black man in his mid-20s, about six feet tall and 175 pounds. METRO

Police seeking five males

Police are on the lookout for five men who got out of a car to commit an early morning robbery on a lone victim.

On Friday at 1:58 a.m., police responded to a report of a robbery around Springbank Drive and Cawrse Street. The victim was walking alone when he was approached by five males who exited a vehicle. The suspects held the victim by his arms and legs while they removed his property. The victim sustained minor injuries as a result of the robbery.

The suspects are described as black males, aged 18 to 25. METRO

1 news

Behind the legend of the 'Guardian Angel of Route 66' is the story of a boy and his road. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

For many women in Kandahar, simply getting an education is an extraordinary act of courage. Video at metronews.ca

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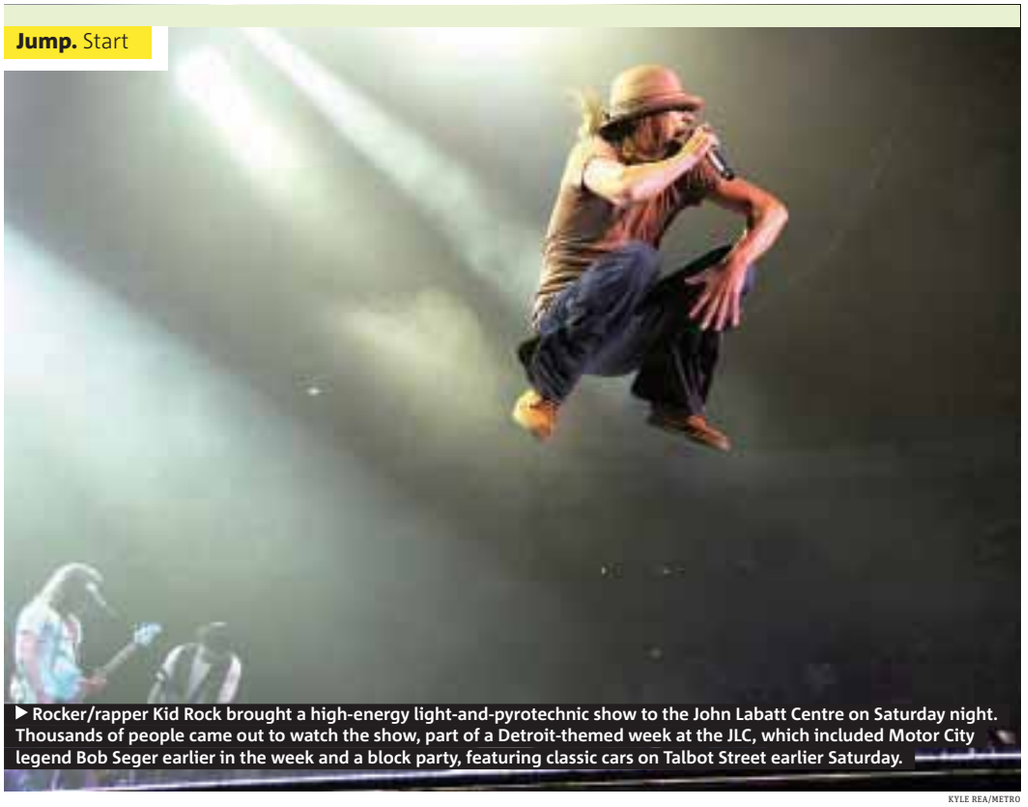
Jump. Start



▶ Rocker/rapper Kid Rock brought a high-energy light-and-pyrotechnic show to the John Labatt Centre on Saturday night. Thousands of people came out to watch the show, part of a Detroit-themed week at the JLC, which included Motor City legend Bob Seger earlier in the week and a block party, featuring classic cars on Talbot Street earlier Saturday.

KYLE REA/METRO

Kid Rock takes his rap into the air at the JLC

Fracking poses risks, environmentalists say

Environmental group Climate Justice London plans protest for London City Hall at 6 p.m. today

KYLE REA
@METRONEWS.CA

It's a controversial natural gas extraction technique that environmentalists say threatens our ecosystem.

And while it hasn't been used yet in Ontario, a group of concerned Londoners are worried hydraulic fracturing, or fracking, could soon be used in Chatham-Kent and Lambton counties.

Today, more than 40 people are expected to gather at London City Hall as part of a protest against fracking.

Protest co-organizer Toban Black says the goal is to educate politicians — and the public — about an increasingly popular drilling method that could cause environmental harm.

Fracking involves injecting water, sand and chemicals under high pressure to break up shale rock formations underground and force up natural gas. Sometimes millions of litres of water are used.

But does this process pose a risk to the environment?

Black certainly thinks so, adding there hasn't been enough research into this area, nor are regulations in place to do something about it.

"There's no system of responsibility," he said. "The companies deny that there are any impacts from the chemicals they use to break the shale out of the rock or any substances they dislodge in the process, including possibly radioactive substances, because there are substances in the shale rock with the natural gas."

Black added if these chemicals got into major bodies of water like Lake Huron or Lake Erie, it could pose a threat to our drinking water.

"Our water filtration systems are not set up to deal with it."

In particular, he's concerned about the purchase of 20,000 acres of land in Lambton and Chatham-Kent by Mooncor Energy of Alberta. There's no word on whether fracking will be used in this project.

Stop fracking

▶ For more information, visit stopfracking-ontario.wordpress.com or Facebook search for Stop Fracking Ontario

"I really think with any pollution threats, people should adopt the precaution principle, where you assume there could be harm unless proven otherwise. That's not the approach they (gas companies) take."
TOBAN BLACK, CO-ORGANIZER OF FRACKING PROTEST

Ontario Tories aim to balance books by 2017

PAWEL DWULIT/THE CANADIAN PRESS

▶ Tory Leader Tim Hudak

Ontario's Progressive Conservatives are promising to balance the province's books by 2017, while providing a broad range of tax breaks for families and preserving key public services.

The Tories say they will reduce the size of government — including cabinet — cut public-sector jobs and bring public salaries in line with private-sector standards if they're elected this fall.

But they'll also match Liberals promises to pump billions more into health care and education, including full-day kindergarten in all schools by 2014.

The promises are enshrined in the Tories "Changebook" election platform that was released today at the party's annual convention.

THE CANADIAN PRESS

COLONEL TALBOT AND DECKER

One crossroad, two crashes

A man is dead and a police officer is injured after two separate collisions at the same London intersection.

Police say a 74-year-old man from St. Thomas was killed late Friday after his car was struck by an alleged drunk driver at Colonel Talbot Road and Decker Drive.

They say the impact sent both cars off the road.

A 51-year-old man from Dutton faces several charges including impaired driving causing death.

A police officer parked at the scene early Saturday suffered non-life-threatening injuries when his cruiser was struck by another vehicle.

A 37-year-old woman from St. Thomas is charged with impaired driving. She was not injured in the collision.

THE CANADIAN PRESS

News in brief

Girl, 4, hit by car when she runs into street

SARNIA. A four-year-old girl is in a London hospital after she was struck by a car in Sarnia.

Police say the girl ran into the street and in front of a car around 5 p.m. Saturday.

Witnesses managed to free her from under the car but police say she suffered a serious leg injury.

The driver is not considered at fault.

AM980/AM980.CA

Police hunt for biting dogs

SEARCH. Police in London are on the hunt for two dogs after a woman and a young child were bitten in separate incidents Saturday.

Authorities say a black dog bit a 40-year-old woman at an off-leash dog park near Hamilton and Gore roads.

A few hours later, a small white dog wearing a blue leash reportedly bit a small child outside a convenience store on Kipps Lane.

Police are asking witnesses to come forward.

THE CANADIAN PRESS

PMO denies border talk

Leaders did not discuss 1967 boundaries, spokesman says amid glowing Israeli report Harper sidesteps questions on the issue at G8 summit

Prime Minister Stephen Harper did not discuss the G8 summit with his Israeli counterpart Benjamin Netanyahu, a Harper spokesman says.

The statement by Dimitri Soudas, Harper's communications director, appears to contradict a report in the Israeli newspaper Haaretz that Netanyahu phoned Harper before the summit to ask him to block G8 support for a Palestinian state based on 1967 borders.

Soudas said yesterday in an email to The Canadian Press that Harper did speak to "various leaders in the last few days, including the Israeli prime minister as well as the head of the Arab League."

But he added "there was no G8 discussion with Prime Minister Netanyahu."

"The PM's views are long-standing and well known on the Middle East process towards a two-state solution," Soudas said while Harper was visiting Greece after the G8 summit in France.

"Canadian policy on these issues is long-standing. It's important that any statement on the Middle East always have balanced references to the various positions and the G8 statement is a balanced statement."

In a speech earlier this month, U.S. President Barack Obama said talks between the Palestinians and Israel should be based on 1967 borders that existed before the Six Day War in which Israel occupied East Jerusalem, the West Bank and Gaza.

Haaretz said Israel was particularly concerned about the border proposal because at least seven of the eight G8 countries supported including it in the summit declaration.

The G8's final declaration issued Friday did not include any mention of borders in Israel-Palestine peace talks.

The Haaretz report said Netanyahu told Harper that mentioning the border issue would be detrimental to Israeli interests and a reward to the Palestinians.

As the summit concluded, media reports cited diplomats in saying the 1967 border proposal was omitted from the G8 statement because of objections from Canada.

THE CANADIAN PRESS

Term nixed

One of the ironies of the election that finally delivered the Conservatives a majority government on May 2 is that it appears to have vanquished the "Harper Government."

- The controversial term has almost disappeared from official Government of Canada news releases after suddenly blanketing departmental communications in the months leading up to the fall of the Conservative minority March 25.
- Now, internal government documents obtained by The Canadian Press show that civil servants were being ordered by ministers' offices to use the term, and that they were "obligated to do so if asked."

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and wife Laureen visit the memorial site of the Kalavryta Massacre in Greece yesterday. On Dec. 13, 1943, Nazi troops executed 696 males over the age of 14 in Kalavryta. The grandfather of Harper spokesman Dimitri Soudas was among those killed.

3,000 riot police deployed in Belgrade

AMEL EMRIC/THE ASSOCIATED PRESS

▶ Bosnian Serb people hold Serbian flags and photos yesterday of former general Ratko Mladic during a protest in Kalinovik, Bosnia.

Protesters throwing stones and bottles clashed with baton-wielding riot police yesterday in Belgrade after several thousand Serbian nationalist supporters of jailed war-crimes suspect Ratko Mladic rallied outside the parliament building to demand his release.

Rioters overturned garbage containers, broke traffic lights and set off firecrackers as they rampaged through downtown. Cordons of riot police tried to block their advances, and skirmishes took place in several locations in the centre of the capital. There were no immediate reports of injuries or arrests.

The clashes began after a rally that drew at least 7,000 demonstrators, many singing nationalist songs and carrying banners honouring Mladic, the former Bosnian Serb military commander. Some chanted right-wing slogans and a few gave Nazi salutes.

The demonstrators, who consider Mladic a hero, said Serbia should not hand him over to the UN war crimes court in The Hague, Netherlands. "Co-operation with The Hague tribunal represents treason," Serbian Radical Party official Lidija Vukicevic told the crowd. "This is a protest against the shameful arrest of the Serbian hero."

Demonstrators demanded the ouster of Serbia's pro-Western President Boris Tadic, who ordered Mladic's arrest. A sign on the stage read, "Tadic is not Serbia."

More than 3,000 riot police were deployed around government buildings and Western embassies, fearing that the demonstration could turn violent. Riot police tried to block small groups of extremists from reaching the rally.

Nationalists are furious that the pro-Western government apprehended Mladic on Thursday after nearly 16 years on the run. The 69-year-old former general was caught at a relative's home in a northern Serbian village.

The UN tribunal charged Mladic with genocide in 1995, accusing him of orchestrating the massacre of 8,000 Muslim men and boys in Srebrenica and other war crimes of Bosnia's 1992-95 war.

THE ASSOCIATED PRESS

News in brief

Soldier mourned

PAYING RESPECTS. Friends, family and comrades of Bombardier Karl Manning were struggling to understand why such a well-liked professional would have wanted to take his own life.

Comrades and friends gathered to pay their respects to Manning, 31, in front of the Canadian memorial at Kandahar Airfield yesterday.

An investigation is underway, but his death is believed to be a suicide, as military police have ruled out foul play and enemy action. THE CANADIAN PRESS

Dentures save man's life

LUCKY BREAK. An elderly Brazilian man shot in the face escaped death when his dentures deflected a bullet headed for his brain. A hospital official says that 81-year-old Zacarias Pacheco de Moraes was shot Thursday while working in a bar he owns in the small western city of Alta Floresta. THE ASSOCIATED PRESS

Douglas file missing pages

QUESTIONS RAISED. Dozens of pages from a decades-old intelligence file on socialist icon Tommy Douglas have mysteriously disappeared.

The disappearance has come to light as the result of a lengthy court battle over the federal government's refusal to fully disclose the dossier amassed by the RCMP on the former Saskatchewan premier.

They were noticed by Paul Champ, lawyer for The Canadian Press, after the government released some additional pages from the Douglas dossier in February. Champ says the lackadaisical handling of the Douglas dossier raises questions as to whether Library and Archives Canada is discharging its responsibility to preserve historically significant documents.

THE CANADIAN PRESS

Limits may be put on Wal-Mart camping

Campers who like to stop for the night at a Wal-Mart parking lot may not be able to do such a thing so easily next summer in a central Alberta city.

The City of St. Albert is looking at ways to place restrictions on staying overnight in store parking lots, as well as parking vehicles up for sale.

Mayor Nolan Crouse brought forward the motion to look into tightening up bylaws last week.

"His concern seems to be this is something that could grow and (could) become an issue for the community," Coun. Malcolm Parker said yesterday.

Most Wal-Mart stores in North America allow overnight stays, though there are websites listing individual stores and municipalities that don't allow it.

City administration has until next February to return with a recommendation. HEATHER MCINTYRE

CONTRIBUTED

▶ Boston Pizza rolls out a more locally digestible name for its pizza chain in B.C.

PIZZA CHAIN SHOWS HOMETOWN SUPPORT

JEFF HODSON
@METRONEWS.CA

HOME ICE ADVANTAGE

In a slick marketing move, Boston Pizza is rebranding 62 of its B.C. restaurants to a more local digestible moniker — Vancouver Pizza.

The name rolled out at one location yesterday with the remaining restaurants — and all BP signage at Rogers Arena — to be converted before the puck drops Wednesday night on the Stanley Cup final.

British '70s rock band Supertramp was forced give a little bit when a dreamer at the NHL scheduled Game 1 at the same time as their concert at Rogers Arena. The band rescheduled the show for Thursday.

JEFF HODSON IS THE MANAGING EDITOR OF METRO VANCOUVER

Victory turns violent

Soccer festivities get out of hand in Barcelona, with more than 80 people arrested and 100 injured in street scuffles

JOB VERMEULEN/THE ASSOCIATED PRESS

▶ A Barcelona FC fan is arrested by plainclothes police officers in Barcelona yesterday during clashes following the Champions League final soccer match on Saturday.

Street parties in Barcelona celebrating the victory of the city's soccer team in the Champions League final turned violent yesterday and at least 18 people were hospitalized, according to local media reports.

Police said more than 80 people were arrested after revellers attacked officers with bottles, flares and other objects, and destroyed park benches and bus stops. The scuffles broke out hours after Barcelona beat Manchester United 3-1 at Wembley Stadium in England on Saturday night.

A police officer was among those hospitalized. The Associated Press photographs show plainclothes police officers, who wore Barcelona jerseys to blend in with the crowds, making arrests. More than 100 other injured people were treated at the scene for cuts and bruises.

An unnamed 17-year-old woman died accidentally when she slipped and fell into a deep hole beside a fountain while celebrating the win in the northwestern town of Santa Comba, local newspaper La Voz de Galicia reported.

Soccer fans had poured shampoo into the fountain to create bubbles, which concealed an uncovered manhole that led to the fountain's pump, the paper said.

Barcelona players rode through the Catalan capital in an open-top bus yesterday. Thousands of fans greeted the players as the bus, decked out in red and blue, wound its way through the city.

THE ASSOCIATED PRESS

50K

About 50,000 people flooded the streets in Barcelona to celebrate.

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Naval port plans on ice

Environmental and funding concerns are adding years to the construction of an Arctic naval port considered crucial to enforcing Canadian control of the Northwest Passage.

The Nanisivik port in Nunavut was originally supposed to be at least partially up and running by next summer, following a promise made by Prime Minister Stephen Harper in 2007.

But no construction is planned for this summer and defence officials admit that the refuelling station, intended to give the navy a permanent presence at the eastern gate of the contested passage, won't be operating for years.

THE CANADIAN PRESS

THE CANADIAN PRESS HANDOUT

▶ HMCS Goose Bay moored at the future site of the Nanisivik Naval Facility, during Operation Nanook, on August 2010.

Market moment

PRICES AS OF 4 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+21.69 (13,797.59)	+0.14 ¢ (102.32¢ US)	+ 36¢ US ($100.59 US)	$4.518 (+ 15.8¢)
			Gold contracts $1,536.30 (+ $13.50)

Investors await Bank of Canada rate decision

RBC Dominion Securities last week assessed chances of a quarter-point hike in July to 12 per cent

The Canadian dollar could be under additional pressure on commodity markets this week after the Bank of Canada delivers its next announcement on interest rates tomorrow.

The dollar moved lower for a fourth week last week, reflecting slowing economic conditions, particularly in the U.S., Canada's largest trading partner, and doubt about when the Bank of Canada will resume raising interest rates.

No one expects the central bank to hike its key rate tomorrow but traders will be anxious to read the bank's statement for clues as to when it will move the rate above one per cent, where it has been since September.

"We don't really even look for talk about imminent rate hikes next week," said BMO Capital Markets deputy chief economist Doug Porter.

THE CANADIAN PRESS

Rate hikes

While the prospect of lower interest rates is great news for Canadian borrowers, holding off on rate hikes poses risks for the Canadian economy.

- **Raise costs:** Last week, the Organization for Economic Co-operation and Development urged the Bank of Canada to raise borrowing costs to demonstrate that it has a grip on inflation.
- **One per cent:** The OECD added that at one per cent, the Bank of Canada's key rate is "highly stimulative."

SEAN KILPATRICK/THE CANADIAN PRESS FILE

▶ The Bank of Canada, led by governor Mark Carney, is set to deliver its next announcement on interest rates tomorrow.

Deadly veggie outbreak spreads across Europe

MARIUS ROEER/THE ASSOCIATED PRESS

Spanish vegetables suspected of contamination with a potentially deadly bacteria are being recalled from stores in Austria and the Czech Republic to prevent the spread of a deadly outbreak, officials said yesterday.

The death toll from the bacteria rose to at least 10 people, and hundreds across Europe have been sickened.

Czech authorities said 120 organic Spanish cucumbers were being pulled off shelves while their counterparts in neighbouring Austria announced that "small amounts" of cucumbers, as well as tomatoes and eggplants, were being removed from 33 stores.

The Austrian Agency for Health and Food Safety said it was informed by a European Union warning system that two German companies had issued an immediate recall and sales ban of cucumbers, tomatoes and eggplants.

THE ASSOCIATED PRESS

"As long as experts in Germany and Spain have not (found) the cause of the infection ... these general warnings for vegetables stay in place."

GERMAN HEALTH MINISTER ILSE AIGNER

PayPal alleges Google stole Wallet

Google Inc.'s ambitious plan to supplant credit cards with smartphones has thrust the Internet search leader into a legal tussle with online payment pioneer PayPal, which contends Google stole its ideas by hiring away two key executives.

PayPal painted a picture of betrayal and corporate espionage in a lawsuit filed in a California state court, shortly after the unveiling of the "Google Wallet" payment service in New York on Thursday.

The 28-page complaint alleges the service evolved from research that eBay Inc.'s PayPal had been working on for the past decade.

PayPal fingers two central culprits in the intellectual heist — one of its former executives, Osama Bedier, and former eBay executive Stephanie Tilenius.

In its response Friday, Google contends it merely identified talented candidates to run its mobile payments service and then made them offers that proved too tempting to refuse.

"Silicon Valley was built on the ability of individuals to use their knowledge and expertise to seek better employment opportunities, a principle recognized by both California law and public policy," Google spokesman Aaron Zamost said. "We respect trade secrets, and will defend ourselves against these claims." THE ASSOCIATED PRESS

NOVEL IDEA FOR PEOPLE TO INTERACT

URBAN COMPASS

JILL ELLIS
METRO LONDON

Some couples take dance lessons or cooking classes to keep their relationships fresh — others participate in a less mainstream activity. They read comic books for grownups, or graphic novels, as they are more properly known.

Launched two years ago this month, the Graphic Novel Group (GNG) was initiated because of several people expressing interest in such an activity. But Carol Vandenberg, who owns LA Mood with husband Gordon Mood, was skeptical. "I thought we might only have five people show up, but Dan Brown (a local pop culture expert who also attends with his wife) was the moderator and 12 people came to the first meeting," she explains.

The GNG operates like many book clubs: At the beginning of the year, the group decides on a reading list; a book is read each month and the group meets to dissect and discuss it on the second Saturday of each month at 11 a.m. in the basement at LA Mood, 350 Richmond St.

"They now value the perspective of others as well as the social aspect of the group."

Though it wasn't planned to be a couple's thing, it has turned out that way to some degree, though some regulars attend alone.

One of the couples are Ashlie and Jagger Benham. They stumbled upon the group while ducking a rainstorm at LA Mood. Ashlie describes it as a "serendipity moment."

Newly engaged at the time, in the two years since they have been members of GNG, the duo has married and produced little Vivian. Though neither had been a dedicated comic book reader previously, they now value the perspective of others as well as the social aspect of the group.

Jagger favours science fiction works, while Ashlie enjoys "capes and cowls — the superhero ones." Little Vivian already has some of her own comic books. "We hope that it's something we can do together as a family later and that she won't think her parents are huge nerds," laughs Ashlie.

She explains that the variety of graphic novel topics covered is one of the best things about group discussions. Vandenberg agrees. "I really get a chance to explore things I wouldn't read otherwise."

Graphic novel titles run the gamut from superheroes and science fiction to historical and political topics. For instance, the first book the group read was called Maus, the story of a Holocaust survivor.

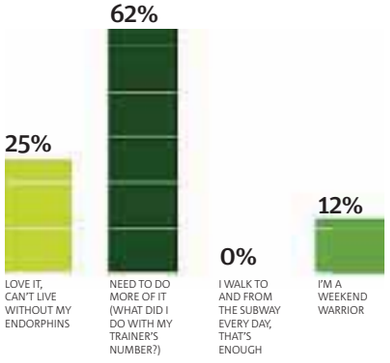
Group membership is free and attendance is casual. "It's a drop-in type of thing," says Vandenberg. "We get 12 to 18 people each time, some are regulars and there's a range of ages."

So put on your cape and head downtown to check out the GNG. For more information, visit Lamoodcomics.blogspot.com or Facebook at LA Mood Graphic Novel Group.

Contact Jill Ellis at londonurbancompass@metronews.ca

Register at metrolifepanel.ca and take the quick poll

What's your attitude toward exercise?


25%
62%
0%
12%
LOVE IT, CAN'T LIVE WITHOUT MY ENDORPHINS
NEED TO DO MORE OF IT (WHAT DID I DO WITH MY TRAINER'S NUMBER?)
I WALK TO AND FROM THE SUBWAY EVERY DAY, THAT'S ENOUGH
I'M A WEEKEND WARRIOR

Local tweets

- **@S_Sills:** Welcome to #ldnont Warm and Humid weather, Oh how we have missed you
- **@Evolving:** It's the last week of freedom then back to classes for me. Boo. #ldnont #uwo
- **@leismarie:** Gone to #LdnOnt for today. Hope to visit Dad, check out #AsianMarket and find #BubbleTea place. Busy afternoon! Need me text my Cell!
- **@Heemans:** Sunshine! Welcome back!! You've been missed ... #LDNOnt #weather
- **@AlinaPrzybylak:** Always a great Western reunion at Kools in Ldot. #uwo Best peeps around.
- **@LucasBailey_:** Did you know that 3/5 #uwo students can't recognize the taste of Little Caesars when sober? Let's challenge this statistic.
- **@mary_cao:** Such a gorgeous drive back to #ldnont ... Record amount of roadkill, but #suchislife. On the grind at #williams now
- **@DeniseTesta:** still in shock ... to see the sun out! #LDNONT

Worth mentioning

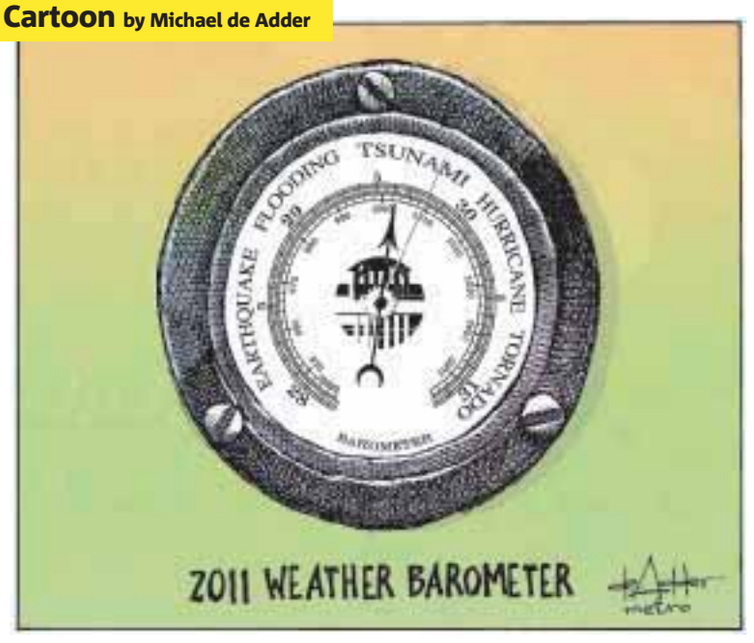
MOREHEAD CITY, N.C. Archaeologists recovered the first anchor from what's believed to be the wreck of the pirate Blackbeard's flagship off the North Carolina coast Friday, a move that might change plans about how to save the rest of the almost 300-year-old artifacts from the central part of the ship.

Divers had planned to recover the second-largest artifact on what's believed to be the Queen Anne's Revenge but discovered it was too well-attached to other items in the ballast pile, said project manager Mark Wilde-Ramsing. Instead, they pulled up another anchor that is the third-largest artifact and likely was the typical anchor for the ship.

Apparently, pirates had everyday anchors and special anchors just as the rest of us have everyday dishes and good china.

In 1717, Blackbeard captured a French slave ship and renamed it Queen Anne's Revenge. Blackbeard, whose real name was widely believed to be Edward Teach or Thatch, settled in Bath, N.C., and received a governor's pardon. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

Case of mummy smuggling wrapped up

The shipping label said the mailed package contained replicas of Peruvian ceramics. An X-ray machine used by customs agents discovered it really held three skulls and a mummy more than 2,000 years old.

Authorities said Friday the package was intercepted at Argentina's central post office, and an Argentine citizen who was waiting for the shipment has been detained as part of an investigation into illegal trading in ancient cultural artifacts.

Officials speculated the package would have been relayed to a museum or a private collector in Europe, where such old bones are in demand because of the blankets and other woven material that surround ancient South American mummies.

A preliminary evaluation by Argentina's national archaeology institute determined the bones are from the pre-Inca Paracas culture on Peru's coast, and date from between the 7th and 3rd centuries BC, officials said.

Last year, Bolivian police foiled a similar mummy mailing enterprise and detained a woman who tried to send a Peruvian mummy to France. **THE ASSOCIATED PRESS**

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HANDOUT

▶ X-Men: First Class, which opens Friday, tells the story of how Magneto (played by Michael Fassbender), right, turned against his friend Charles Xavier (James McAvoy).

Can X-Men live up to title of a First Class superhero film?

Opening this week, X-Men: First Class is the prequel to an extremely successful franchise

STEVE GOW
SCENE@METRONEWS.CA

It's curious that while Hollywood seems to be making less movies in general, we are entering a summer that features no less than four big-budget superhero blockbusters — including this Friday's release of X-Men: First Class.

"It's probably down to the fact that maybe less people are going to the cinema and so they make films that are large in scale where you would want to go see it on a big screen," offered star Michael Fassbender recently from New York.

"Genres take hold and they run for a while — I would say that's one of the reasons (superhero movies hold up)."

It probably doesn't hurt that X-Men: First Class is also the prequel to a very successful franchise that began as pulp fiction in 1963.

The beginning of the saga, X-Men: First Class features the original mutant superheroes and how the once-upright Magneto (Fassbender) turned against his friend Charles Xavier (James McAvoy).

Good vs. Evil

- **Charles Xavier**
  A powerful telepath who can control minds, Xavier recruits fellow mutants to stop a global threat.
- **Magneto**
  Erik Lehnsherr discovered his power of magnetism under terrible circumstances and sets his sights on revenge with his mutant ability.

"There's such an incredible history there," said McAvoy of the franchise's legacy.

"But the main thing that runs through all the X-Men saga — whether it's the comic books, cartoon-form or movies — is that sense of the outsider being the character that you're exploring ... that has to be one reason why it's stuck around for so long."

The previous films surely added fans to the franchise as well.

However, McAvoy and Fassbender weren't intimidated by expectations of portraying the respective roles that Ian McKellan and Patrick Stewart defined in the movies.

"I definitely watched the films," said Fassbender.

"I was going to study Ian McKellan, perhaps as a young man and his movements, nuances, voice and then decided not to do that and just use the source material available in the comic books — to just take a totally fresh look at it, wipe the slate clean and go for something new."

2 scene

Box office

The Hangover Part II hauled in $86.5 million US in its first weekend, putting Hollywood on course to set a new revenue record for the Memorial Day long weekend, according to studio estimates yesterday. The Hangover sequel did nearly twice the business of the original blockbuster comedy in its $45 million opening weekend two years ago. DreamWorks Animation's Kung Fu Panda 2 opened solidly with a $48 million weekend, though it came in well below the $60.2 million debut of the first instalment three years ago.

THE ASSOCIATED PRESS

As waistlines grow so does the popularity of weight-loss TV shows. Scan code for more.

MTV is back on the upswing again

Network paying close attention to generation shift of viewers

DAN STEINBERG/THE ASSOCIATED PRESS

▶ The cast of MTV's Teen Wolf is pictured at the series premiere in Los Angeles last week. The series, which remakes the 1985 Michael J. Fox film of the same name, debuts on MTV on June 5th after the MTV Movie Awards.

Over the years, one of the last things you'd see on youth-obsessed MTV was a parent.

Now moms and dads aren't unusual sights, even on the twin totems to wild behaviour and its consequences — Jersey Shore and Teen Mom — that are key to the network's latest resurgence.

Many young viewers targeted by MTV have no problem with parents being an active part of their lives, even during rebellious years, and expect their presence on television.

Understanding such generational nuances is crucial to MTV, which has the brutal imperative of reinventing itself every five or six years to appeal to a new group of 12- to 24-year-olds. Their viewers eventually grow up. MTV never can.

"One of the things the audience said to us was, 'You have to be pioneers and take risks.'" MTV PRESIDENT STEPHEN FRIEDMAN

The latest reinvention has MTV with its best ratings in five years. The third season of Jersey Shore was the network's top-rated show ever, and the second season of Teen Mom similarly zoomed up the charts. The challenge now is figuring out how to build on that success and know when to be ready for the next reinvention.

This spring, MTV has steered in a surprisingly traditional direction.

MTV debuts a remake of the Teen Wolf series on June 5, brings back Beavis and Butt-Head later this year, has its own weight-loss series for teens and two Jersey Shore spinoffs in the works.

Between recycled ideas, spinoffs and a new focus on establishing scripted series, MTV's approach feels more like a typical broadcast network than ever before.

MTV viewers "want more from us," said Van Toffler, president of MTV Networks Music/Films/Logo Group.

"They expect more from us."

Toffler, who has been with MTV since 1986, and newly appointed network president Stephen Friedman, at MTV since 1998, have survived its ups and downs over the years. The latest cycle began with the expiration of Laguna Beach and The Hills.

After a reasonably successful first season of the reality competition series Paris Hilton's Best Friend, the second season proved disastrous.

"The audience checked out," Friedman said. "You saw them not believing it. We found out they wanted something more honest. The manufactured reality felt phoney to them."

After all, how many BFFs can you really have, even if you're Paris?

A couple of years ago MTV Networks acquired rights to a short reality series, World's Strictest Parents, and it was put on the CMT network. MTV decided to run a few episodes, too, and was surprised at how many people watched. At the same time, MTV's head of reality programming had seen statistics about a rise in teen pregnancies and the series 16 and Pregnant was born in spring 2009.

Jersey Shore began in a completely different form, as a pilot of a competition series for VH1. It was retooled into what now exists and MTV knew just by the way people were talking about promotions for the new series that it had a potential hit.

"When you get a little bit scared," Toffler said, "you know something might work."

THE ASSOCIATED PRESS

Shore spinoffs

Blessed with success, MTV is looking to spread the Jersey Shore franchise with two spinoffs.

- In one, Nicole "Snooki" Polizzi and Jenni "J-Woww" Farley buy a new house together.
- The other focuses on what disc jockey Paul "DJ Pauly D" DelVecchio's life is like.
- Neither project has air dates yet.

FABRIZIO GIOVANNOZZI/THE ASSOCIATED PRESS

▶ The housemates of Jersey Shore pose for photographers outside the Tower of Pagliazza, in Florence, Italy, where the fourth season is being filmed.

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Kate, shmate: TV heavyweights eye Pippa Middleton

First she had a facebook page dedicated to her derrière Now the likes of Barbara Walters and Oprah want Kate Middleton's sis to rock American TV

ALL PHOTOS GETTY IMAGES

▶ Kate Middleton wasn't the only one who dazzled at the royal wedding.

After making a splash at her sister's royal wedding last month, Pippa Middleton is apparently in high demand — especially among U.S. TV heavyweights like Barbara Walters.

"Years ago, when Kate broke up with Prince William briefly, Barbara tried to hire her as a View co-host," a source tells the National Enquirer.

"But now she thinks Pippa's so sassy, young and gorgeous, she'd be a fantastic fit. Ratings would be amazing!"

But Walters isn't the only one with her eyes on Middleton, as Oprah Winfrey "wants Pippa to host her own show for her OWN network," according to the source.

"O knows it would be a great ratings coup because Pippa's a star on fire — and Americans are so obsessed with the royals." METRO

Oprah may soon be back on air

While Oprah Winfrey said goodbye to audiences last week, it doesn't mean the show is really over, according to Popeater.

"She is going to dedicate herself to her new network and do whatever needs to be done to make sure it's a huge hit," a co-worker of the media mogul says.

"If this means bringing her own show back to life on her network then she will. I can't imagine that she won't be back on the air before the end of the year." METRO

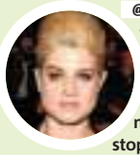
Celebrity tweets

@ConanOBrien

"Hey @Oprah — Get a job!"

@Pink

"I feel like my middle finger is sacred. I've been giving it away too easily."



@MissKelly0

"I'll make you a deal, you stop telling lies about me, and I'll stop telling the truth about you (you know who you are)."

@peeweeherman

"Discover the power of carrots" at the Carrot Museum: "

Lilo lays low

Lindsay Lohan is making the most of her four-month house arrest sentence, according to TMZ.

The troubled actress views the forced break from public life as "time to relax, focus on her recovery and figure out her new game plan for her life and career," a source says.

And that new game plan may include more artistic expression, as Lohan reportedly stocked up on canvases and oil-based paints. METRO

3 life

You need this

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It's beachtime, and while you work on that tan, your baby's getting fried. This series of sunshades — attachable to strollers and car seats, and available worldwide — will protect your child from harmful rays. The "classic" edition offers UPF 50+, the highest amount possible. MWN

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Add some pep to your family's daily breakfast routine.

JEFF LANCE

▶ The Snuzzie turns a baby's cries into classical music, or the song of your choice.

Inventions we wish existed

As a parent, you often think, I have a good idea! Here are some of our own (some tongue-in-cheek) with input from Mike Drummond, editor of Investors Digest, about their viability

The Dummy Dispenser

What it does: Hanging from the crib like a giant Pez dispenser, this invention distributes pacifiers when the baby needs one — automatically. If the baby is too young to grab the dummy herself, a robot arm, covered in kid-friendly foam material, extends and places it gently in her mouth.
Says Drummond: "I suspect Pavlov would love this little number. I have to admit, I do. It encourages motor skills and links desires and behaviour, assuming the dispenser responds to baby cries. I'd want the robotic arm to pull double-duty, however, and pick up the discarded pacifiers."

The Snuzzie

What it does: An electronic muzzle device, the Snuzzie turns a child's cries into classical music — or whatever sound you wish, via downloadable MP3s. Future versions will be able to identify what your child wants from each cry — food, a diaper change, a nap.
Says Drummond: "Finally a product that addresses the most annoying consumer group — babies! In all honesty, however, this is a product for the consummate narcissistic sadist — which happens to cover a large market segment, given the popularity of botox, stiletto high heels and the Kardashians. Let's stick with pacifiers."

The Inflatable Stroller

What it does: Small enough to fit in your pocket, this product inflates, with the press of a button, to a full sized stroller, made of extremely durable plastic. Gone are the days of lugging one up stairs.
Says Drummond: "I can get behind this product, having been behind far too many stroller-pushing parents at airport security checkpoints. This seems like a win-win-win for all concerned. The parent/caregiver gets convenience; the baby gets something airy to ride in; and I don't have to wait forever for the stroller to get folded up and shoved through airport X-ray machines.

The Self-Cleaning Floor

What it does: An invisible seal covering your hardwood floors (especially the area where your child eats), the Self-Cleaning Floor breaks down and absorbs fallen food particles in seconds, leaving no mess behind. Also in development (in our imaginations): A self-cleaning highchair and a self-cleaning face.
Says Drummond: "Again, an invention I could get behind. And we're already seeing a close cousin of this type of technology being developed in the field of nano medical technology — tiny robots that eat cancer cells and such. But what does this do to the five-second rule?"

The PooLarm

What it does: Embedded into each diaper, the PooLarm reads your baby's body chemistry and lets you know, via a digital readout, if she's done pooping or if there's more to come.
Says Drummond: "Normally I'm for anything that lessens the risk of coming into contact with feces. But unless you're just really into changing diapers, I don't see this as a huge seller. That said, the right amount of fear-based marketing could motivate consumers and scare the crap out of the diaper competition."

MICHAEL FREIDSON & EMMA E. FORREST
LIFE@METRONEWS.CA

Fuss-free roasted apple salad

Roasting the apples and the carrots in this recipe offers deeper flavours
Aside from roasting, it's just a matter of tossing ingredients together

THE ASSOCIATED PRESS/ MATTHEW MEAD

▶ This recipe only requires 15 active minutes.

This recipe ensures great taste with its a classic flavour combination — apples, blue cheese, walnuts and lemon juice.

Preparation:

1. Heat oven to 200 C (400 F). Coat a rimmed baking sheet with cooking spray.
2. In a small bowl, toss shredded carrots with 15 ml (1 tbsp) olive oil, and a pinch each of salt and pepper. Arrange in an even layer on baking sheet.
3. Peel each apple, then halve it down the centre. Use a melon baller to scoop out the core, creating a large cavity at the centre of each half.
4. Arrange apple halves, cut side up, on prepared baking sheet. If apples won't rest flat, use a knife to trim rounded sides just enough to form a flat base. Roast apples and carrots for 12 to 14 minutes or until apples are just tender but not mushy. Remove carrots from pan and set aside to cool.
5. Increase oven to broil. Leave apples on baking sheet and sprinkle with brown sugar. Broil for 2 minutes. Let cool.
6. In a medium bowl, whisk together remaining 50 ml (1/4 cup) of olive oil, lemon juice, 2 ml (1/2 tsp) salt and 1 ml (1/4 tsp) pepper. Add arugula and carrots and toss well to coat.
7. Carefully place each apple half on a serving plate. Mound a quarter of the arugula mixture onto each half. Sprinkle each salad with blue cheese and walnuts.

THE ASSOCIATED PRESS

Ingredients:

- 250 ml (1 cup) thickly shredded carrots
- 50 ml (1/4 cup), plus 15 ml (1 tbsp) extra-virgin olive oil, divided
- Kosher salt and ground black pepper
- 2 large Granny Smith apples
- 30 ml (2 tbsp) brown sugar
- 30 ml (2 tbsp) lemon juice
- 1 l (4 cups) arugula
- 125 ml (1/2 cup) crumbled blue cheese
- 50 ml (1/4 cup) chopped, toasted walnuts

Asiago Garlic Bread

Preparation:

1. Preheat oven to 200 C (400 F).
2. In bowl, combine garlic, butter, chives and sun-dried tomatoes. Cut vertical slits in bread almost to bottom and place on baking sheet; spoon butter mix over top of bread, getting mix inside cuts.
3. Top baguette evenly with Asiago cheese; bake 8 minutes or until cheese is softened and baguette is hot and crisp. THE CANADIAN PRESS/ DEMPSTER'S OVENFRESH BAGUETTE

Ingredients:

- 1 clove garlic, minced
- 30 ml (2 tbsp) soft butter
- 15 ml (1 tbsp) chopped chives
- 15 ml (1 tbsp) chopped oil-packed sun-dried tomatoes
- 1 white or multi-grain baguette
- 50 ml (1/4 cup) crumbled Asiago cheese

A healthy take on banana bread

A perfect breakfast on the go or a great addition to lunch, this nutrient-filled banana bread made with whole-wheat, high-fibre and folate-rich avocados, and high-potassium bananas is a satisfying treat.

Preparation:

1. Preheat the oven to 180 C (350 F).
2. In bowl, combine flour, baking powder and salt. In another bowl, combine avocados, bananas, honey and vanilla. Fold dry mix into avocado-banana mix. Spoon batter evenly into 8 greased mini pans.
3. Bake for 25 minutes or until toothpick inserted into middle of loaf comes out clean. Let cool then run knife along edges and invert onto wire racks.

Ingredients:

- 500 ml (2 cups) whole-wheat flour
- 15 ml (1 tbsp) baking powder
- 2 ml (1/2 tsp) sea salt
- 2 pureed avocados
- 2 mashed bananas
- 175 ml (3/4 cup) honey
- 5 ml (1 tsp) vanilla extract

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO

THE CANADIAN PRESS H/O

▶ This recipe makes eight mini loaves.

Taste the waste: unwanted food to be resold as lunch

Millions of tons of food is wasted every year in the U.K. But it's a culinary treasure trove for one café in Haringey, North London, that collects unsold supermarket food and cooks budget meals for hungry clients

ANTHONY JOHNSTON
GREEN@METRONEWS.CA
METRO WORLD NEWS

We would all cringe at the sight of unsold food from shops and restaurant tossed into roadside skips, but how would you react to unwanted food served in a restaurant for a hungry lunchtime clientele?

This is exactly the business of FoodCycle, a London-based charity that turns surplus food from retailers into hearty budget meals.

They run a community café in Haringey, north London, which is abuzz with residents and moms pushing prams come lunchtime, feasting upon dishes of unused food produce donated by local supermarkets.

The fruit and vegetables they get are a day or two past the shops' sell-by date. Resold meat or fish is off the menu "for safety reasons," café manager Jessica Veltman says.

Every year 1.4 million tons of food are wasted by U.K. retailers while 11.9 million tons is thrown out by households, says WRAP, the government recycling body.

ANASTASIA JOHNSTON

"At first, hellish images of moldy vegetables on my plate tormented me – but the taste made me think... mmm, this is yummy!"

RESTAURANT REVIEW

Good, not scary meal

Starter: Parsnip & carrot soup. It was a little too peppery. Were they trying to mask something?
Main course: Jacket potato, topped by aubergines, tomatoes, kidney beans and cheese. No sooner had I tucked into my meal than it began to look like a dog's dinner. But presentation aside, the potato filled a hole in my belly with tasty vegetable goodness. I was left satisfied.
Dessert: Apple & cinnamon cake. Somewhat soggy but in truth scrumptious.
Verdict: In the end, any 'horror food' images were a distant memory. The wholesome meal, and family-friendly ambience, put my mind – and indeed my stomach — at complete ease.

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DO NOT THROW AWAY THAT EXTRA DRYWALL

How can I get rid of drywall from my recent home reno?
Calvin of Vancouver

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Whatever you do, do not put drywall (also known as gypsum board, wallboard, plasterboard, gypboard and sheetrock) into your residential garbage bins.

Drywall is actually recyclable.

Gypsum Recycling International estimates that 40 tons of gypsum waste is landfilled around the globe each day.

Search for a waste transfer station in your city that accepts gypsum drywall.

Residents of Vancouver can drop off "residential quantities" of drywall at any regional transfer station or at the Vancouver Landfill.

A "residential quantity" means one level pick-up truckload or less.

If you have a large load, contact New West Gypsum Recycling.

They recycle all non-asbestos-containing drywall from the region into new gypsum drywall.

Make sure that your drywall does not contain asbestos. To dispose of gypsum drywall containing asbestos, call 604-RECYCLE for disposal options.

While you're at it, check out how to recycle wood waste, too.

Clean, unpainted, untreated wood waste can now be recycled at transfer stations and the Vancouver Landfill.

Wood waste is added to the yard trimmings pile.

Clean and some treated wood are also accepted at Urban Wood Waste Recyclers' plant in South Vancouver.

Did you know you can also recycle asphalt shingles?

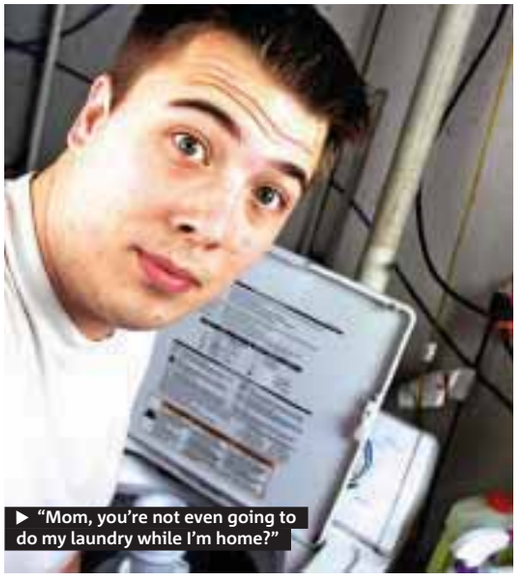
They can be dropped off at a few facilities around Vancouver.

Find the location closest to you on at metrovancouver.org under Metro Vancouver Recycles listed under "Building Materials — Roofing / Shingles".

David Suzuki Foundation

So Junior's home from college...

As students return home from school for the summer, parents brace for piles of laundry and late, late nights



"Mom, you're not even going to do my laundry while I'm home?"

After nine months away, campus and the place where college students grew up may seem like worlds apart.

Summer at home — so often eagerly awaited by the students, their parents and siblings — is often a mixed-up time of happy reunions, unexpected challenges and weird new family dynamics as not-quite adult kids return temporarily to the nest.

"They have a whole new world, filled with new friends and new ideas, new independence," and that sometimes clashes with things back home, said psychologist Karen Levin Coburn, a consultant at Washington University in St. Louis and author of Letting Go: A Parent's Guide to Understanding the College Years.

Cindy Jez, a 55-year-old real estate manager in Richmond, Va., has gone through these transition summers several times with her two oldest boys, a junior and senior in college.

"I remember crying when they first went to college. Now I'm crying when they come home," she jokes.

Don't get her wrong — Jez loves having the boys back home.

And yet, she also knows their return means piles of dirty laundry, a perennially lost TV remote, a disconnected security alarm to accommodate their late nights out, and jealousy from her two younger sons as the big men on campus suddenly get all the attention.

"The first time they come back there's always an adjustment period," Jez said. They're used to the freedom of college life, and "there are still boundaries at home."

"I try not to be a nag. I try to recognize that they're young adults," she says of sons Nolan, 20, and Cory, 22. "They need to have their own sense of responsibility. At the same time, I find myself constantly doing reminders. I'll send them texts: Picked up eight pairs of filthy socks in the family room last night."

"It's a balancing act" for everybody, Jez said.

THE ASSOCIATED PRESS

Timeless advice

Karen Levin Coburn's book, Letting Go: A Parent's Guide to Understanding the College Years, was first printed in 1988.

- Families should discuss expectations soon after their students arrive back home – things like curfews, household chores and spending money, so everyone is one the same page, Coburn said.
- Despite all their new-found independence, for college kids, home "is still their emotional touchstone. It's just important for parents to be sensitive to that," Coburn said.

Climb every mountain

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

When asked to scale the tallest mountain in Africa to improve the quality of life for children struggling with mental illness, Bryce Wylde only had to think for second.

"I'll do it," he said. "Count me in."

Wylde is well known as one of Canada's leading authorities on alternative medicine.

But he had never spoken publicly about a subject that is close to his heart.

"My family has been riddled with mental health issues," Wylde admits.

He watched his late father struggle his whole life and it left a lasting impact on how Wylde looks at life and health.

Climbing Mt. Kilimanjaro is very challenging and I ask him what he'll be feeling the day he reaches the top.

Will it be personal fulfillment, excitement and accomplishment? Wylde grows silent and his eyes slowly fill with tears.

"That day I'll be thinking about my Dad," he says emotionally, "and the hope that other children will never have to go through what he did."

Climb for kids

The Climb to Conquer the Stigma of Adolescent Mental Illness:

- Markham Stouffville Hospital Foundation
- Mt. Kilimanjaro
- July 10-21, 2011
- Go online to support Bryce Wylde: bit.ly/eDjCeA.

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4 sports

Quoted

"Coming from where I was two months ago, making the statement the season was over, to potentially having a possibility to play in the NHL Stanley Cup final is incredibly exciting for me."

VANCOUVER CANUCKS CENTRE MANNY MALHOTRA, WHO HAS BEEN CLEARED TO PLAY IN THE FINAL. MALHOTRA SUFFERED A SERIOUS EYE INJURY ON MARCH 16.

Thinking outside the box

By bringing new ideas, Gillis has helped take Canucks to Cup final

From the day Mike Gillis was hired as general manager of the Vancouver Canucks, he's done things differently.

The status quo isn't good enough for Gillis. He believes just because something has worked in the past, it doesn't mean it can't be improved.

In his three years in Vancouver, Gillis has ruffled feathers and his ideas have been mocked. But with the Canucks preparing to play the Boston Bruins in the franchise's first Stanley Cup final in 17 years it's hard to argue with the results.

"We've tried to be as scientific in the approach of developing and interacting with players as we could be," Gillis said while watching a recent Canuck practice from the stands at Rogers Arena.

"I have no idea how much that has influenced the outcome. I think there is some influence for sure."

Gillis talks about the plan he devised for the Canucks. He won't give specific details of the plan, but points at the team on the ice as its product.

"We had a plan that we stuck to no matter what was going on around us, no matter what the speculation was around us," Gillis said.

"We knew we were going to have a good team. We didn't know if we were going to be able to add parts that would make us a really good team. When those parts began to occur, we got progressively better."

The Stanley Cup final begins Wednesday at Rogers Arena. Game 2 will be Saturday.

Gillis and his staff have managed to work within the confines of the NHL salary cap to build a Canuck team full of skill and deep in talent.

Goaltender Roberto Luongo was signed to a 12-year, $64-million US deal. It was a contract that satisfied Luongo while counting as a $5.33-million hit on the Canuck books each year.

Gillis convinced other players like Daniel and Henrik Sedin, Alex Burrows and Ryan Kesler to re-sign for less money than what they might have gotten from other teams.

THE CANADIAN PRESS

Off the ice

Some of Mike Gillis's off-ice innovations have raised eyebrows.

- A sleep doctor advises players on when they should nap and even helps determine who should room together on the road.
- Gillis has tinkered with the travel schedule, having the team stay overnight after some road games instead of immediately flying home.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Canucks general manager Mike Gillis takes questions from reporters last week.

Crash decides Indy 500

JR Hildebrand wrecks car on final turn, Dan Wheldon drives past to claim second Indianapolis 500 win
Canadian pole-sitter Alex Tagliani banged into wall on 147th lap, ending his hopes of victory

Dan Wheldon was zipping toward the final corner of yesterday's Indianapolis 500, surely figuring the best he could do was another runner-up finish.

Then he came upon JR Hildebrand's crumpled car, all smashed up and sliding along the wall.

The rookie had made the ultimate mistake with his very last turn of the wheel, and Wheldon, not Hildebrand, made an improbable turn into Victory Lane.

"It's obviously unfortunate, but that's Indianapolis," said Wheldon, who won Indy in 2005 and finished second the last two years. "That's why it's the greatest spectacle in racing. You never now what's going to happen."

This might have been the wackiest one ever.

In his first event of the year, Wheldon captured the ultimate IndyCar prize. But the 100th anniversary of the "Greatest Spectacle in Racing" will be remembered more for the guy who let it slip away with the checkered flag in sight.

Leading by almost four seconds and needing to make it around the 2½-mile track just one more time, Hildebrand cruised through the first three turns with no problem.

The fourth one got him. He went too high, lost control and slammed into the outside wall. Wheldon sped past, while Hildebrand's battered machine skidded across the line 2.1 seconds behind, still hugging the concrete barrier.

"Dan Wheldon, he's a great winner. And what a great story."
DANICA PATRICK

"It's a helpless feeling," Hildebrand said.

The 23-year-old Californian got into trouble when he came up on another rookie, Charlie Kimball, going much slower as they approached the last corner. Instead of backing off, the leader moved to the outside to make the pass — a decision that sent him slamming into the wall to a collective gasp from the crowd of 250,000.

"I caught him in the wrong piece of track," Hildebrand said. "I got up in the marbles and that was it."

While Wheldon celebrated his second Indy 500 win, series officials reviewed the video to see if Wheldon passed the wrecked machine before the caution lights went on. He clearly did, and Hildebrand's team said it wouldn't protest the result.

That gave the Brit another spot on the Borg-Warner Trophy.

Not bad, considering he doesn't even have a full-time job.

"I just felt a lot of relief. It's an incredible feeling," Wheldon said. "I never gave up."

He took the traditional swig of milk and headed off on a triumphant lap around the speedway.

THE ASSOCIATED PRESS

Memorial Cup

▶ Saint John Sea Dogs goalie Jacob DeSerres makes a save last night on Mississauga St. Michaels Majors left-winger Riley Brace.

THE CANADIAN PRESS

Goalie gets it done as Sea Dogs win cup

The second time was the charm for Jacob DeSerres. DeSerres stopped 34 shots to lead the Saint John Sea Dogs to a 3-1 Memorial Cup final win over the Mississauga St. Michael's Majors last night, disappointing the Hershey Centre sellout crowd of 5,429. The 21-year-old was appearing in his second straight Memorial Cup final. Last year, he helped the Brandon Wheat Kings reach the title game before surrendering nine goals in a loss to the Windsor Spitfires.

Federer, Djokovic reach quarter-finals

Roger Federer set yet another record by reaching the French Open quarter-finals yesterday, and Novak Djokovic closed in on a pair of his own.

Federer extended his quarter-final streak at major tournaments to 28 with a 6-3, 6-2, 7-5 victory over Olympic gold medal doubles partner Stanislas Wawrinka.

"Twenty-eight quarter-finals in a row, that's great," Federer said. "But that's another opportunity for me to go one step further."

Shortly after Federer's match on Court Philippe Chatrier, Djokovic maintained his perfect season and stretched his overall winning streak to 43 matches by beating Richard Gasquet of France 6-4, 6-4, 6-2.

"I'm definitely playing the best tennis of my life," Djokovic said, "and I'm trying to stay focused on each game and we'll see how far I can go."

Federer and Djokovic could meet in the semifinals.

Anastasia Pavlyuchenkova knocked out the highest seeded player remaining in the women's draw, beating No. 3 Vera Zvonareva 7-6 (4), 2-6, 6-2 to earn a spot in the quarter-finals. Defending champion Francesca Schiavone later advanced by defeating No. 10 Jelena Jankovic 6-3, 2-6, 6-4.

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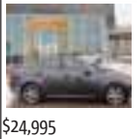

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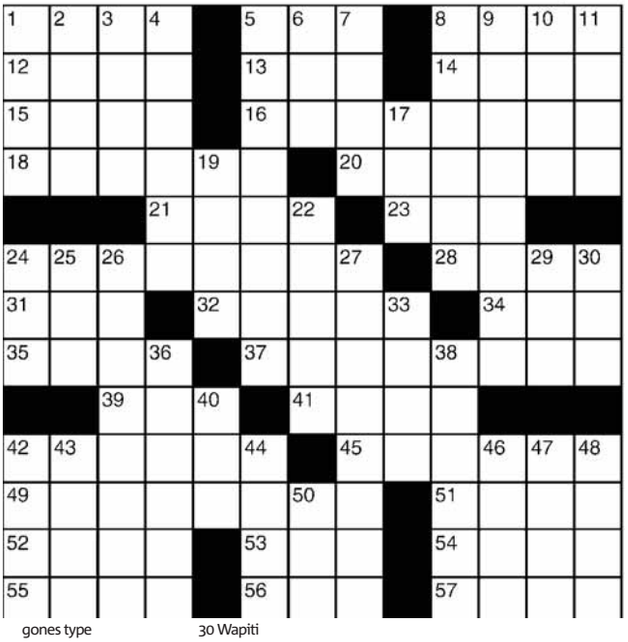
Crossword



Across

1 Ballet skirt
5 "A pox upon thee!"
8 Sore
12 Microwave, for one
13 Praise in verse
14 Comrade of Mao
15 Clothing store section
16 Attendance check
18 Wolf in the hen-house?
20 "Yes" or "no" follower
21 Settled down
23 — generis
24 Command to Fido
28 Being, to Brutus
31 Historic time
32 Elaine's surname on Seinfeld
34 Wire measure
35 Air outlet
37 Price reduction
39 Baseball hat
41 Actor Julia
42 Antarctic volcano
45 Now
49 Race drivers' protectors
51 Lumber
52 Reed instrument
53 Fish eggs
54 "Do — others ..."
55 Collections
56 Do sums
57 Equal

Down

1 Grant's —
2 Eye layer
3 Be inclined (to)
4 Open
5 Let-bygones-be-by-gones type
6 Wedding words
7 Morays and congers
8 Accumulate
9 Special appeal
10 Aperture
11 Christmas
17 Fleur-de- —
19 Amorphous mass
22 Male voice
24 Churchly title (Abbr.)
25 Raw rock
26 Trusted knight
27 Got sick again
29 Bracketed notation
30 Wapiti
33 Insult
36 Restaurant furniture
38 Enlarge a photo
40 Saloon
42 Love god
43 Pajama cover-up
44 Poet Teasdale
46 Zilch
47 Carry
48 Smell
50 Scepter

▶ Yesterday's answer

Sudoku

	1		4		8	5	6	
					7			8
8						7		3
	8		2			4	9	
				1				
	9	6			3		2	
7		8						1
9			8					
	4	1	6		9		3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

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Hey Tom, I just want to do this so everyone can see how much I love you. Youre a great inspiration and influence in my life. You made me into the great person I am today and I can't thank you enough. I know we been through hills and ditches but that wont stop us from reaching the top. I love you so much. <3 **LOVE STOMY**

My Handsome King. You are my best friend and my lover. I am so lucky to have you. Even though you're a continent away, I have you close in my heart and in my dreams. I'm just sorry I don't get to see your sexiness on the beach. Muah! From **YOUR OBEDIENT SERVANT.**

My Love. Keep ur head held high and dont let anyone bring you down my original g-star.rotpot got your back, baby. From **RPANGEL**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** March 21-April 20 Anything done as part of a team will go exceptionally well over the next seven days.

♉ **Taurus** April 21-May 21 If a friend or relative needs a shoulder to cry on today you will be there for them.

♊ **Gemini** May 22-June 21 You are in the mood for fun and games and you'll get plenty of both over the next few days

♋ **Cancer** June 22-July 22 Make it your aim to stand back from what you are working on.

♌ **Leo** July 23-Aug.23 You won't want to push yourself too hard today.

♍ **Virgo** Aug. 24- Sept. 22 You will be acutely sensitive to others people's problems today.

♎ **Libra** Sept. 23-Oct. 23 An active imagination is generally a very good thing but don't let it run riot today or you'll see enemies behind every door.

♏ **Scorpio** Oct. 24-Nov. 22 You need to find ways to catch the eye of employers and other important people.

♐ **Sagittarius** Nov. 23-Dec. 21 If you want to take a longer vacation, now is the time to do something about it.

♑ **Capricorn** Dec. 22-Jan. 20 It's okay to dream, but don't let infatuation take hold.

♒ **Aquarius** Jan. 21-Feb. 18 Forget about anything but having a good time with the people who mean the most to you.

♓ **Pisces** Feb. 19-March 20. After a period of intense activity should come one of well deserved rest. SALLY BROMPTON

Caption contest

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